

HOMETOWN

Winston-Salem, NC

EDUCATION

M.A. in International Development Concordia University-Portland, Oregon

CERTIFICATIONS

Personal Trainer- Fitour

AVAILABILITY

Mornings and Early Afternoons

SPECIALTY

Aerobic Conditioning Interval Training Functional Fitness Strength Training

MOTTO

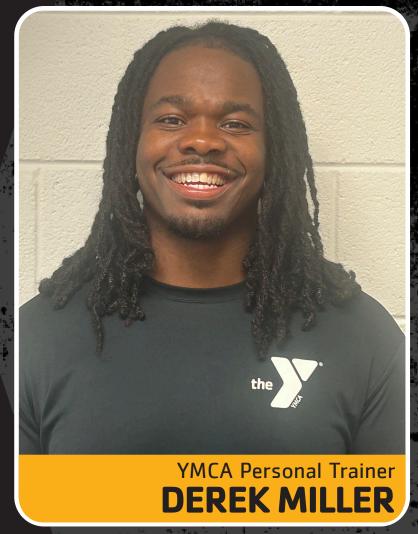
"You can accomplish anything with discipline and consistency."

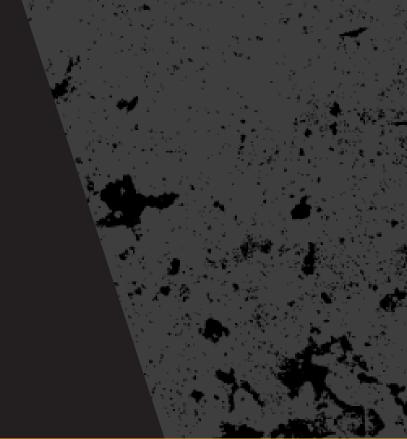
FAVORITE EXERCISE

Free Weights, Powerlifting, and Incline Walking

BIO

I am a long time fitness enthusiast, private chef, and health advocate. More recently, I decided to expand my career by becoming a personal trainer. I strongly believe in making the exercise experience engaging and enjoyable, and my ultimate goal is to help clients make their health a priority for life. I hope to provide fun, safe, yet challenging workouts tailored to each individual, regardless of fitness level or background. I look forward to sharing in your fitness journey and am excited about helping you incorporate discipline and consistency into your daily routine.





YMCA OF NORTHWEST NORTH CAROLINA